



TINY BITES TOTAL BIG CALORIES

1/4 cup of orange juice is left in the carton. You might as well finish it, right?

Calories: 27=
7 minutes walking

One bite-size Snickers from the office candy jar is not much. It is bite-size!

Calories: 60=
15 minutes walking

You forgot to ask them to leave the mayo off the hamburger; 1 Tbsp of mayo.

Calories: 100=
25 minutes walking

You take a sliver of yellow cake at the office party. After all, a “sliver” is OK!

Calories: 73=
18 minutes walking

A small sample of cheese & crackers at the grocery store is hardly anything!

Calories: 55=
14 minutes walking

You arrive home hungry & eat a handful of potato chips, 1/2 serving, about 8 chips.

Calories: 105=
26 minutes walking

Not yet satisfied, you eat 1/4 cup of left over macaroni and cheese.

Calories: 108=
27 minutes walking

Your child leaves a few french fries on the plate. Don't be wasteful! Ten french fries won't hurt!

Calories: 158=
40 minutes walking

You are watching TV at night. 1/2 cup of vanilla ice cream sounds good.

Calories: 140=
36 minutes walking

826 EXTRA calories per day!

Small steps towards change-
REDUCE intake by 100 calories per day
INCREASE steps by 2,000 per day

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The energy expenditures are estimated based on:

- *A 44 year old woman,
- *5'4", 157 lbs
- *Walking at 3 mph

Adapted from: Food Talk, August 1997
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